

Maximizing the Benefits to Your Health

Greek fables narrate how a talented craftsman from Athens, named Daedalus, built a labyrinth for King Minos of Crete. However, he earned the king's displeasure and found himself imprisoned on an island with his son, Icarus. Observing that the aerial route offered the only means to escape, Daedalus gathered the feathers lying on the ground and used wax to stick them together. He tested the wings and when satisfied, he proceeded to make another pair for his son. Finally, Daedalus and Icarus set off from island. Although Daedalus had warned Icarus not to fly too close to the sun as the wax used for joining the feathers would melt, Icarus's exuberance got the better of him. Higher and higher he rose, until the heat from the sun melted the wax. Icarus fell into the sea that bears his name today i.e. the Icarian Sea.

The stamina and peak conditions of fitness required to fly across the sea can well be imagined. It would certainly not have been easy to keep flapping your hands repeatedly as you ensured that you maintained a certain distance from the sun (that would melt the wax) or the sea (that could make the feathers wet and heavy). The mental aspect of the challenge could not have been very easy either. Unlike the days of old however, the modern era provides contemporary men with a variety of [men's health products](#) and counseling sessions that can deal with enhancing physical prowess as well as strengthening the mind.

When it comes to the sexual aspect of men's health, indiscriminate use of antidepressants and natural factors like ageing can take a heavy toll. The good news comes from the fact that a controlled lifestyle – and diet – can ensure that even as you age, you can regain a lean and fitter look. Some substances that can positively impact men's sexual health have been enlisted below:

- Vitamin-C: Increases the flow of blood through the body.
- Vitamin-E: Improves sperm activity according to certain studies conducted.
- Carnitine: Provides aid in sexual dysfunction and improves sperm quality and motility
- Vitamin-B12: Looks after your nerves and blood cells and keeps you from experiencing anemia.
- Vitamin-B3 (Niacin): Helps in making sex hormones and improves blood circulation in addition to regulating sleep patterns and erectile dysfunction.

Finding a reliable supplier of such male enhancement products could be difficult. However, [enhancementhq.com](http://www.enhancementhq.com) proves to be a supplier of choice as it provides these products over-the-counter and does not require a prescription either. These products come in a variety of forms i.e. vitamins, tablets, lotions, creams and oils etc. and finding one that works best for you, remains a matter of choice. Above all though, these products have the backing of reputable manufacturers and distributors, thereby proving their efficacy.

<http://www.enhancementhq.com>